

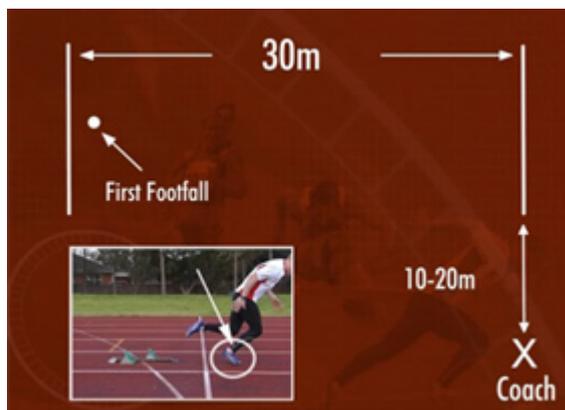
TRAINING METHOD

MEASURING COMPONENTS OF THE 100M

Measuring the sub-components of the 100m will give the coach an idea of the relative strengths and weaknesses of his sprinters. It will allow the coach to monitor progress over time and to identify which areas (such as acceleration, top speed, speed endurance) may or may not be developing. The following methods of assessment do not require any sophisticated equipment, and require only markers and a stop watch.

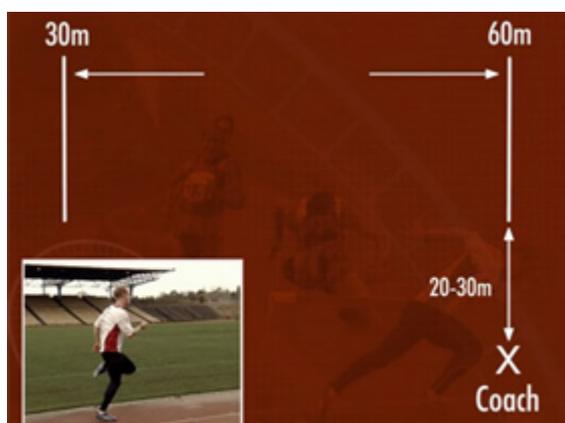
0-30M TIME

The 100m athlete should go to the start prepared to drive for the first 30m of the race. This can be practiced during training by time trials over 30m from blocks or from a standing start. This will give an indication of the athletes **acceleration** ability. If a coach has no specialized equipment, the accuracy of this can be improved by timing from the first footfall to the 30m mark. The coach should stand in line with the 30m mark, about 10-20m adjacent to the finish.



30m-60m TIME

Measuring the 30-60m time will give an indication of the athletes **top speed**. To optimize accuracy, stand adjacent to the 60m line about 20-30m back. For example a time of 3.3 seconds for this distance would indicate a top speed of about 9.1 metres/sec.



60m-100m Time

Measuring the 60-100m time will give an indication of the athletes **speed endurance**. To optimize accuracy, stand adjacent to the 100m line about 20-30m back. For example a time of 4.6 seconds for this distance would indicate an average speed of about 8.7 metres/sec. If there is a big difference between the top speed (measured between the 30-60m marks) and the 60-100m speeds, then the athlete will need to work on their speed endurance.

To make this measurement accurate it is important that the athlete has run at maximum effort from the 0 to 60m marks before the 60-100m time is taken.

